

Expert Nutrition Advice

Surgery is an effective method of treating obesity. However, it will permanently change the amount and type of food that you can eat. The Nutrition Professionals Australia dietitians are highly experienced in all areas of bariatric surgery such as gastric banding, sleeve gastrectomy and gastric bypass and can provide advice and ideas that can help you to maintain adequate nutrition and a healthy lifestyle during the process of change. Post op follow-up with a dietitian who understands about weight loss surgery is highly recommended. NPA can assist with:

- Assessment of your eating patterns
- Long term implications of the procedure
- Fluid and purée diet (vitamised diet)
- Transition to a soft diet and healthy eating
- Normalising eating patterns
- Ensuring long term nutrition adequacy
- Recipes and ideas for healthy meals
- Planning for continued success
- Trouble shooting and problem solving
- All your questions answered



Nutrition Professionals Australia

Nutrition Professionals Australia is a leading group of experienced Accredited Practising Dietitians providing nutrition solutions for individuals and organisations. NPA are currently the largest dietetic practice in Australia and we consult at locations across Adelaide. Individual consultations are GST free and are covered by most private health insurers – extras cover.

To make an appointment at one of our locations:

Phone 8227 1000

Fax: 82271200

admin@npaadelaide.com.au

www.npaadelaide.com.au